

# How to Emulate the Prophet ﷺ in Your Daily Life





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team  
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May Allah make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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## Glossary



جل جلاله | Jalla Jalāluhu  
**Allah the Most Exalted**



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam  
**Peace and blessings of Allah be upon him**

# How The Prophet ﷺ Started His Day

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*Chapter One*

Welcome to another journey of self-development. In this course, we will delve into the significance of following the Prophet Muhammad ﷺ and explore ways to incorporate his teachings into our daily lives. To do so, we will learn about the daily routine of the Prophet ﷺ.

This holds immense importance, as Allah has blessed us with the best example in the Prophet ﷺ, urging us to follow his footsteps.

Allah says in the Qur'an:

- 1 لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ [...]  
**Indeed in the Messenger of Allâh ﷺ you have a good example to follow [...]**  
 Surah al-Ahzab 21

The Prophet ﷺ himself used to urge his companions to follow him. In a hadith he said:

- 2 [...] وَصَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي [...] [...] Pray as you have seen me praying [...]  
 Sahih al-Bukhari 631

He also said during the Farewell Hajj:

- 3 لِتَأْخُذُوا مَنَاسِكَكُمْ فَإِنِّي لَا أَدْرِي لَعَلِّي لَا أَحُجُّ بَعْدَ حَجَّتِي هَذِهِ  
**Learn your rituals (by seeing me performing them), for I do not know whether I would be performing Hajj after this Hajj of mine.**  
 Sahih Muslim 1297

Understanding the Prophet's ﷺ life, or Seerah, is crucial. In his biography, there is something for everyone – fathers, mothers, leaders, followers, children, siblings, and scholars.

Each role finds its perfect example in the Prophet's ﷺ Seerah, making it a timeless source of inspiration.

As you listen to these instances from the Seerah, consider them not just as takeaways but as opportunities to find personal relevance. Whether you are a father, mother, leader, or any other role, identify aspects that resonate with you, note them down, and integrate them into your daily life.

The Prophet ﷺ, occupied with leadership responsibilities, travels, Umrah, expeditions, and Madinah events, didn't adhere to a rigid, strict daily routine. Nevertheless, numerous consistent practices can be observed in his daily life.



**FAJR TIME**

Upon waking to the Adhaan of Fajr, the Prophet ﷺ would pray two units (Sunnah) of prayer.

He ﷺ said about them:

4 ركعتا الفجر خير من الدنيا وما فيها

**The two Rak'ah before the dawn (Fajr) prayer are better than this world and all it contains.**

Riyad as-Salihin 1102

Then, he ﷺ would lie down on his right side and wait for the time of the Iqaamah. if his wife was awake, he ﷺ would talk to her. He would then go out and lead the Fajr Salah.



ADHKAAR

After Fajr, he would remain seated at his place and recite the morning adhkaar, emphasising the importance of daily remembrances. This practice extended to his companions.

The Prophet ﷺ would say that the adhkaar are a Muslim's fortress. He told us in a hadith:

5 [...] وَأَمُرُّكُمْ أَنْ تَذْكُرُوا اللَّهَ فَإِنَّ مَثَلَ ذَلِكَ كَمَثَلِ رَجُلٍ خَرَجَ الْعَدُوُّ فِي أَثَرِهِ سِرَاعًا حَتَّى إِذَا أَتَى عَلَى حِصْنٍ حَصِينٍ فَأَحْرَزَ نَفْسَهُ مِنْهُمْ كَذَلِكَ الْعَبْدُ لَا يُحْرِزُ نَفْسَهُ مِنَ الشَّيْطَانِ إِلَّا بِذِكْرِ اللَّهِ [...]

**[...] And He commands you to remember Allah. For indeed the parable of that, is a man whose enemy quickly tracks him until he reaches an impermeable fortress in which he protects himself from them. This is how the worshipper is; he does not protect himself from Ash-Shaitan except by the remembrance of Allah [...]**

Jami` at-Tirmidhi 2863



GIVING REMINDERS

The Prophet ﷺ would occasionally provide reminders, seizing the opportune moments when people were fresh from Fajr prayer. This approach ensured attentiveness and receptivity. His approach to giving reminders was balanced, as some days he would deliver them and other days he would skip them to avoid monotony.

Expressing concern for the community, the Prophet ﷺ would inquire about the sick and address communal needs. Balancing humility, he set an example for leaders by engaging in shared tasks and assisting with household chores.



RETURNING HOME & GREETING THE FAMILY

Before entering the house, he would use the Siwak.

He ﷺ would greet his wives and inquire about their well-being. He would ask the wife whose house he would sleep in on that day if she had food. If food was available, he would eat. If there was nothing in the house for him, he would fast.



His interactions with his wives showcased humility – never demanding special treatment, appreciating whatever was available, and never expressing displeasure.

In those days, people generally ate twice a day - on good days when food was present.

The Prophet ﷺ's dietary habits were simple - he ate whatever was available. He neither demanded specific foods nor complained about what was presented. If he did not like a certain dish, he would leave it on the table and not touch it.

A lot of times, he and his household would go for months without lighting a fire on the stove. In such situations, they survived only on dates and water.

In a hadith narrated by `Aisha رضي الله عنها:

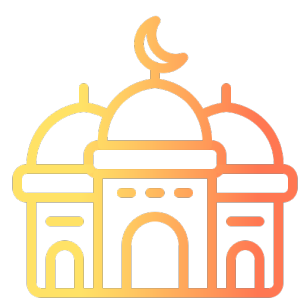
6 مَا أَكَلَ آلُ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَكْلَتَيْنِ فِي يَوْمٍ، إِلَّا إِحْدَاهُمَا تَمَرٌ

**The family of Muhammad did not eat two meals on one day, but one of the two was of dates.**

Sahih al-Bukhari 6455

The Prophet ﷺ actively participated in household chores, debunking any notion of tasks being beneath him. He would sometimes engage in his own tasks, such as fixing his shoe, and so on.

He encouraged a collaborative spirit, fostering an environment where everyone contributed.



GATHERING IN THE MASJID

Engaging in a morning Majlis (gathering) with his companions until the time of Duha, the Prophet ﷺ discussed various matters, taught them things, gave reminders, and asked questions.

A glimpse of such gatherings has been captured in the following hadith:

7 عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " مَنْ أَصْبَحَ مِنْكُمْ الْيَوْمَ صَائِمًا " . قَالَ أَبُو بَكْرٍ أَنَا . قَالَ " فَمَنْ تَبَعَ مِنْكُمْ الْيَوْمَ جَنَازَةً " . قَالَ أَبُو بَكْرٍ أَنَا . قَالَ " فَمَنْ أَطْعَمَ مِنْكُمْ الْيَوْمَ مِسْكِينًا " . قَالَ أَبُو بَكْرٍ أَنَا . قَالَ " فَمَنْ عَادَ مِنْكُمْ الْيَوْمَ مَرِيضًا " . قَالَ أَبُو بَكْرٍ أَنَا . فَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " مَا اجْتَمَعَنَ فِي أَمْرٍ إِلَّا دَخَلَ الْجَنَّةَ .

**Abu Huraira reported that Allah's Messenger (ﷺ) said: Who amongst you is fasting today? Abu Bakr said: I am.**

**He (again) said: Who amongst you followed a funeral procession today? Abu Bakr said: I did.**

**He (the Prophet) again said: Who amongst you served food to the needy? Abu Bakr said: I did.**

**He (again) said: Who amongst you has today visited the sick? Abu Bakr said: I did.**

**Thereupon Allah's Messenger (ﷺ) said: Anyone in whom (these good deeds) are combined will certainly enter paradise.**

Sahih Muslim 1028b

In these gatherings, the Prophet ﷺ made a lot of Istighfaar. His companions would sometimes count the number of times he sought Allah's forgiveness. Some said it reached up to seventy times while others would count up to a hundred.

These gatherings would not be too long. He taught his companions to end every gathering with the following words:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

**Glory be to you, O Allah, and your praises. I bear witness there is no God but you, I seek your forgiveness and repent to you.**



#### THE MIDDAY NAP

Following the morning Majlis, the Prophet ﷺ would take a short nap (Qailoolah) before Dhuhr prayer.

Sometimes, he would visit the sick people. On other days, generally on Saturdays, he would visit the Masjid Quba and take his midday nap there.

Reflecting on these routines, we find a treasure trove of lessons. The Prophet's ﷺ accessibility, humility, productivity and balanced approach to life serve as timeless guidance for Muslims seeking self-development.



# How He ﷺ Spent His Evenings

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*Chapter Two*

In this chapter, we will explore the activities the Prophet ﷺ engaged in after waking up from his midday nap.

## 1 DHUHR TIME

In this context, Allah is referring to the hypocrites. If they had been sincere and genuinely willing to fight alongside the Muslims, they would have taken the necessary actions. However, they did not. Allah, in His divine Decree, did not intend for them to join the army. He ordained that they remain behind and refrain from participating in Jihad.

After taking the siesta (Qailoolah), the Prophet ﷺ would proceed to lead the people in Salatul Dhuhr in his Masjid. Sometimes, he would give reminders to the congregation after the prayer as the people would be finished with their daily work by the time of Dhuhr.

Other times, the Prophet ﷺ would entertain guests who came from outside of Madinah. Delegations, such as those from ‘Abd al-Qais and others arrived to convey that their cities or tribes have accepted Islam, fostering unity among the burgeoning Muslim community in a practice known as Wufood.

However, the Prophet's ﷺ involvement transcended mere communal matters. He would take steps to maintain harmony within the Muslim community. Once, there was some issue at Masjid Quba. So the Prophet ﷺ asked Bilal رضي الله عنه to give the Adhaan for ‘Asr and let Abu Bakr رضي الله عنه lead the prayer.

In line with his compassionate nature, the Prophet ﷺ dedicated time to visit the sick, extending solace and care to those facing illness. This gesture exemplified his commitment to the well-being of every member of the community.

## 2 FROM ‘ASR TO MAGHRIB

As the day progressed towards ‘Asr and Maghrib, the Prophet ﷺ transitioned his focus to family life. After ‘Asr prayers, he made adhkaar in the Masjid for a short while.

Then, he dedicated the majority of this period to his family. He would check on his wives, and sometimes he gathered them all in one house and engaged in discussions with them and talked to them, fostering a sense of familial closeness.\

The Prophet ﷺ would also have his dinner during this time - a reflection of Arab tradition. Sometimes he had his meal before Maghrib, other times he prayed Maghrib before dinner.

This issue is related to the hadith:



- 1

إِذَا قُرْبَ الْعِشَاءِ وَحَضَرَتِ الصَّلَاةُ فَأَبْدَءُوا بِهِ قَبْلَ أَنْ تُصَلُّوا صَلَاةَ الْمَغْرِبِ وَلَا تَعْجَلُوا عَنْ عَشَائِكُمْ

“If dinner is presented close to the time of prayer, begin eating before you perform sunset prayer and do not need to rush away from your dinner.”

Sahih Muslim 557b

## KEY TAKEAWAYS

In essence, these moments between Dhuhr and Maghrib provided profound lessons. From them are the following:

A

Making Peace Between People

A pivotal takeaway is the Prophet's ﷺ commitment to conflict resolution and fostering harmony among people. His proactive involvement in resolving issues, encouraging forgiveness, and promoting peace is a model for anyone in a position to mediate disputes.

Allah says in the Qur’an:

[...] وَالصُّلْحُ خَيْرٌ [...] **[...] reconciliation is better [...]**  
Surah an-Nisa 128

B

Being Accessible

The profound teachings of the Prophet Muhammad ﷺ, as outlined in this chapter, illuminate the importance of being accessible and engaged in the well-being of the community.

He would visit markets and interact with people from all walks of life. His genuine engagement, whether giving salaams to groups of women, playing with the children, or patting them affectionately, reflects a profound connection with the community.

It has been narrated in a beautiful hadith:

عَنْ جَابِرِ بْنِ سَمُرَةَ، قَالَ صَلَّيْتُ مَعَ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ صَلَاةَ الْأُولَى ثُمَّ خَرَجَ إِلَى أَهْلِهِ وَخَرَجْتُ مَعَهُ فَاسْتَقْبَلَهُ وَلَدَانُ فَجَعَلَ يَمْسَحُ خَدِّي أَحَدِهِمْ وَاحِدًا وَاحِدًا - قَالَ - وَأَمَّا أَنَا فَمَسَحَ خَدِّي

**Jabir b. Samura reported: I prayed along with Allah's Messenger (ﷺ) the first prayer. He then went to his family and I also went along with him when he met some children (on the way). He began to pat the cheeks of each one of them. He also patted my cheek [...]**

Sahih Muslim 2329

The impact of such interactions, as evidenced by the narrator's enduring memory of being patted on the cheek, underscores the significance of building meaningful relationships, especially with the younger generation.

C Spending Time With Family

Despite the immense responsibilities of leadership, the Prophet ﷺ prioritised spending quality time with his family. This exemplifies the delicate balance he maintained between community service and familial obligations. The emphasis on family time, even gathering his wives under one roof for discussions, underscores the importance of fostering strong bonds within the household. The Prophet would even bring his grandchildren, including Al-Hassan, Al-Hussein, and Umamah رضي الله عنهم to his house.



# His ﷺ Nightly Routine

Chapter Three

In the final chapter, we will look at how the Prophet ﷺ ended his day.

### A After Maghrib

After praying Maghrib the Prophet ﷺ went back into his house. If he was invited for dinner somewhere, he would go there and eat.

He ﷺ was a man of exquisite character and compassion. After the Maghrib Salah, he would look around and ensure that everyone in Madinah had something to eat for dinner.

### B Evening Meal

Notably, the Prophet ﷺ paid special attention to the impoverished and homeless people from the Muhajirun who used to live in the Masjid. They were known as Ahl as-Suffah. He ensured that they too had a share of the evening meal. So, he would sometimes take four to five of them to his house and if food was available and eat with them.

In a spirit of generosity, the Prophet ﷺ would urge those with sufficient provisions to invite more individuals, reinforcing the concept that the barakah (blessings) lies in eating together.

We find an example of this in the following hadith:

1

أصحاب الصُّفَّة كانوا أناسًا فقراء، وأن النبي صلى الله عليه وسلم قال مرة: "من كان عنده طعام اثنين، فليذهب بثالث، ومن كان عنده طعام أربعة، فليذهب بخامس بسادس"

**The Companions of As-Suffah were poor people. The Prophet (ﷺ) said, "Whoever has food enough for two people, should take a third one (from among them), and whoever has food enough for four persons, should take a fifth or sixth (or said something similar)."**

Bukhari and Muslim

### A 'Isha and Bedtime

The Prophet ﷺ disliked sleeping before 'Isha, recognizing its potential to disrupt the night's rest. Instead, he advocated for a disciplined sleep schedule, advising against practices that could compromise the quality of one's sleep, leading to lethargy during Fajr prayers.

If circumstances required his attention, he would engage in discussions with companions such as Abu Bakr and Umar رضي الله عنهما to address the affairs of the Muslim community, or entertain guests. Otherwise, he would go to sleep.

The Prophet ﷺ was cautious about spending excessive time in aimless conversations or activities that lacked purpose, especially after 'Isha.

In an era where technological distractions and late-night activities prevail, the wisdom of the Prophet ﷺ rings particularly relevant. The importance of adhering to the Sunnah, especially regarding sleep patterns, emerges as a practical and holistic solution to maintaining a balanced life.



After the ‘Isha prayer, however, he still made it a point to spend some quality time with his wives, ensuring that each received due attention during their designated nights. The Prophet ﷺ commitment to familial bonds serves as a timeless lesson for leaders and individuals alike, emphasising the importance of maintaining harmony between professional duties and family obligations.

The Prophet ﷺ would then retire to rest, demonstrating the importance of a good night's sleep for overall vitality and physical resilience. Even in instances of staying up late, the Prophet ﷺ ensured that the purpose was meaningful – whether resolving issues or entertaining guests.

D His Night Prayers

As the night advanced, the Prophet ﷺ would wake up around half the night for Tahajjud prayers. He would pray for hours and make them beautifully long.

We learn in the following hadith:

2 أَنْ نَبِيِّ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ يَقُومُ مِنَ اللَّيْلِ حَتَّى تَتَفَطَّرَ قَدَمَاهُ فَقَالَتْ عَائِشَةُ لِمَ تَصْنَعُ هَذَا يَا رَسُولَ اللَّهِ وَقَدْ غَفَرَ اللَّهُ لَكَ مَا تَقَدَّمَ مِنْ ذَنْبِكَ وَمَا تَأَخَّرَ قَالَ " أَفَلَا أُحِبُّ أَنْ أَكُونَ عَبْدًا شَكُورًا "

**Narrated Aisha: The Prophet (ﷺ) used to offer prayer at night (for such a long time) that his feet used to crack. I said, "O Allah's Messenger (ﷺ)! Why do you do it since Allah has forgiven you your faults of the past and those to follow?" He said, "Shouldn't I love to be a thankful slave (of Allah)?"**

Sahih al-Bukhari 4837

This dedication to the night prayers exemplifies gratitude and religious commitment, serving as an inspiration for those seeking a strong connection with Allah.

TAKEAWAYS

Let us delve into the takeaways that can shape our daily lives.

A Community Care and Compassion

The Prophet ﷺ epitomised community care, ensuring the welfare of everyone in his vicinity. His practice of making sure everyone had something to eat, visiting the sick, and checking up on people sets a remarkable example. The inquiry about absent individuals in his gatherings, expressed through questions like "Where's so and so?" demonstrates a genuine concern for each member of the community.

B Healthy Sleep Patterns: Following the Sunnah

Addressing a prevalent concern of modern life—sleep routines—the Prophet's ﷺ adherence to specific sleep patterns offers a practical solution. Sticking to the Sunnah by avoiding late-night engagements and prioritising sleep after Isha helps maintain a balanced routine. In a world inundated with distractions, these simple practices are a remedy for achieving a fulfilling and enriched life.



To ensure your progress,  
we recommend that you take  
this self evaluation quiz based  
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